434 Mothers usually work and draw, throughout their
262 pregnancy and afterwards, their full occupational rations,[1] plus the
745 special allowances indicated. If they do not work, they draw dependents' rations plus their special allowance.

[855] Children up to 14 includes infants from one to seven, who also receive special rations through milk kitchens, nurseries, nursery schools, and kindergartens. These amount to 9.0 litres of milk and 6.0 grams of fats monthly.

434 The employee category includes such occupational groups as office
262 workers, timekeepers, and caretakers. The light workers group includes railway workers, machine builders, etc. The heavy workers group includes moulders, steelworkers, and miners. The latter receive a further additional ration in the form of a hot meal if they do underground work.

(It must be emphasized that the amounts given in the table are official scales, which, even though reduced, cannot regularly be met. Throughout, the figures in brackets refer to scarce items which are authorized, but cannot be supplied.)

TABLE XXIX

Ukrainian Ration Scales from October 1, 1946
(in kilograms per month)

Rationed commodity	Consumer category: Heavy worker	Light worker	Employee	Dependent	Children up to 14
Bread	36.0	18.0	12.0	7.5	9.0
Cereals	nil	nil	nil	nil	(0.8)
Sugar	(0.5)	(0.4)	(0.3)	(0.2)	0.3
Meat or fish	(3.2)	(1.8)	(1.2)	(0.5)	(0.4)
Fats	(0.9)	(0.4)	(0.3)	(0.2)	(0.3)
Butter (or substitute)	nil	nil	nil	nil	.06
Potatoes	(5.0)	"	"	"	nil
Vegetables	(3.0)	"	"	"	(2.0)
Milk, fresh, dried, or evaporated	nil	"	"	"	9.0
Vitamin juices	"	"	"	"	scarce
Approximate daily calories from rations only	3,527	1,682	1,144	704	973 plus 204 infants

[736] In February 1947 the rations for dependents was again changed, and they are now authorized to receive only bread, 7.5 kilograms monthly.

Source: UNRRA Mission to the Ukraine, Kiev.

[1] [As of 1947 -- Analyst]

262 Expectant and nursing mothers are usually at work, and have standard
745 leaves with pay and special privileges; thus, if working, they receive
434 rations appropriate to the occupational group, plus special food allowances; and if not working, dependents' rations plus these allowances. The supplements are as follows, monthly: cereals, 1.2 kilograms; butter (or substitute), 0.8 kilograms; sugar 0.6 kilograms; vegetables, 2.0 kilograms; milk (fresh or dried) 12 litres. Their approximate calories from rations alone are, therefore:

If light workers	1,682 plus 512 -	2,194	calories daily
If employees	1,144 plus 512 -	1,656	" "
If dependents	704 plus 512 -	1,216	" "

In the last case it is almost possible to assume that the husband is well paid and will be able to buy products in the open market.

262 Even if the established ration scales for all groups could be met, they would not provide an adequate, balanced diet. Particularly the rations for women and children are very light in fat, first-class protein, and calcium. They provide less than half the low League of Nation's standard for daily full-cream milk requirements of the expectant mother. But even these inadequate scales are seldom supplied.

262 Since mid-October 1946, the honouring of ration cards has, because
434 of the increasing food shortages, become more and more irregular. In December 1946, for instance, large groups of persons in the Kiev area received only bread, sugar, and a few tins of vegetables on their cards. No meat, fish or fats were available. By the middle of January 1947, the situation had grown even more stringent, and only bread was supplied on the ration.

At the same time, the amount of food available off the ration has decreased almost to the vanishing point. Cereals and white bread have practically disappeared from the open market; and when they are available, the price is beyond the reach of the average person.

262 The effects of the poor diet are already to be seen. The people
181 generally show a noticeable lack of their former liveliness, energy and
144 cheerfulness. Moreover, according to the Medical Officer of the
369 UNRRA Mission to the Ukraine, clinical starvation has made its appearance in the smaller villages of the Republic: protein dropsy and avitaminosis are increasing; and among the townspeople there is great incidence of skin infections and respiratory and nasopharyngeal conditions.

645 In order to meet some of the medical aspects which may arise out of
744 the present food situation, the Ministry of Health has taken the follow-
262 ing steps.